



aether

the AKASHA SPA



AKASHA

BEACH HOTEL & SPA





# aetherspa

the AKASHA SPA

Aether spa aims to connect us, the living, with its divine, spiritual, fifth sense. Allow your mind, body and soul to be at one with all that exists in the upper sky through the use of our sensational spa treatments and soul-soothing hospitality.

Our menu has a unique concept that combines elements of the sea with traditional Greek culture, powered by the international brands Phytomer and Ariadne Athens.

Come and soothe your aching muscles, cleanse yourself with a wealth of age-old wellness rituals and indulge in our natural remedies that harness the rejuvenating power of natural ingredients.

Aether spa is a place where spirituality and beauty come together, creating a new standard of wellness. The Aether Spa menu offers beauty treatments, facial treatments, body scrubs, masks and unique rituals. +

The Aether Spa Club consists of four different treatment rooms, one spa suite for couples, hair salon, nail salon, relaxing area, indoor pool, wet area with steam bath, sauna and fitness center.

Explore the Aether life!



AKASHA  
BEACH HOTEL & SPA  
\*\*\*\*\*

# facial treatments



## BORN AGAIN HYDRA TREATMENT

✔ 60 MIN

Feel refreshed with this deeply hydrating treatment based with organic nori seaweeds and high-performance organic marine active ingredients. A rejuvenating therapy which combines relaxation with hydration that gives a soak of humidity to your skin.

RETAIL PRODUCT: HYDRA ORIGINAL

## SOLAR GOD - SENSITIVE SKIN

✔ 60 MIN

Have you been relishing in the rays of our solar energy... Our water from marine springs and coral extract ensures a soft and cool feel to the skin. Ideal care for sensitive skin that calms and soothes immediately. Enjoy your sunny holiday without the worry of redness and irritation.

RETAIL PRODUCT: DOUCE MARIN

## LIGHTEN YOUR SENSES

✔ 40 MIN

Express hydration and radiance for the skin. A flash treatment that can be easily adapted to your personal needs without spending too much time away from basking in the sun. This divine treatment will leave you feeling light and fresh.

RETAIL PRODUCT: HYDRA ORIGINEL

## ETHEREAL TOUCH

✔ 60 MIN

Treat yourself to this ethereal experience. This is our anti-wrinkle and firming treatment which increases skins resistance to ageing. Thanks to our three high-performing professional products and a unique procedure which optimizes the effectiveness of their ingredients, this treatment works in 3 phases; it resurfaces the skin using a new generation exfoliant, it corrects wrinkles using a specifically formulated massage wax, it restructures facial skin by combining the use of specifically concentrated ingredients with a high-tech smoothing, firming mask.

RETAIL PRODUCT: SRUCTURISTE

## SPARKLING EYE & LIP CONTOUR

✔ 30 MIN

Anti-wrinkle eye care with marine elements containing collagen and elastin. Soothes wrinkles in the eye area and helps to reduce edema and dark circles. Enjoy integrated lip care and exfoliation which will leave you feeling sparkly and new.

RETAIL PRODUCT: CITADINE

## MALE WELLBEING TREATMENT

✔ 50 MIN

Skin detoxification and oxygenation treatment. Perfect for soothing facial fatigue and scaring whilst leaving your skin feeling soothed and moisturized. This treatment will give your skin the well-being and vitality that it deserves.

RETAIL PRODUCT: DOUCER MARIN

## REGENERATION OF THE SKIN

✔ 70 MIN

Let your inner youth be revealed with this facial treatment that uses excellent techniques for immediate and visible results. The regeneration of the skin "XMF" (ultra-marine filler) elastin and natural hyaluronic acid makes for denser and tighter skin tissue. This specialized face massage also includes the use of a roller & shaper which completes this treatment by enhancing its products and firming the skin.

RETAIL PRODUCT: XMF



# body treatments

## SUBLIME SUMMER - AFTER SUN

✔ 40 MIN

A fully restorative and rejuvenating treatment that offers the perfect after-sun, cooling feeling for the skin. An anti-inflammatory and hydrating treatment which helps to deeply hydrate sunburned skin and eliminate irritation. The application of a refreshing mask which is made with love by our therapist, this mask contains waterlily, cucumber, aloe vera and Greek yoghurt which replenishes the skin's lipids and provides high moisture and smoothness.

RETAIL PRODUCT: BODY BUTTER COCONUT

## CRETAN EXPERIENCE - HYDRATING & NOURISHING BODY TREATMENT

✔ 70 MIN

An exhilarating experience of relaxation and wellness that calms both the body and mind! Give your precious self the ticket for a journey in the richness of Cretan flavors and aromas such as sage, malotira mountain tea and other local herbs. The treatment includes the application of a rich body mask containing a refreshing cocktail rich in organic honey, with this mask we give you a relaxing massage with Dittany oil which is infused with Cretan Crocus that leaves the skin silky smooth. The alluring ritual ends with the application of a refreshing gel containing red grape and Raki, from Crete, that leaves the skin deeply hydrated, whilst also stimulating your senses!

RETAIL PRODUCT: RED GRAPE BODY GEL MASK

## SPIRITUAL BOTANICA - PURE DETOX

✔ 100 MIN

Guide your mind, body and soul into the healing hands of a spiritual botanica! Feel your skin soft and supple as olive kernel grains deeply exfoliate your skin, while the powerful combination of rose petals and iris flowers help your skin regain its elasticity. Rejuvenate each and every part of your body with a detoxifying body mask whilst enjoying the aromas of basil and Mediterranean coral. This treatment is rich in antioxidants with a pure blend of dittany oil, infused with rosemary, which leaves you feeling pampered and free with skin that radiates with a youthful glow.

RETAIL PRODUCT: CATWALK LEGS FIRMING GEL

**Including 30' in the spa suite (sauna, steam room)**

# body scrubs & wraps

## EXPRESS BODY POLISH

✔ 30 MIN

A stimulating full body, crystal, exfoliation treatment infused with wonderful aromas that softly remove dead skin cells. As a result, the body's skin regains its elasticity and smoothness while obtaining a velvet touch with a fresh, radiant, healthy look!

Choose between our Scrub Collection: *Jasmine & Gardenia, Rose Petals, Mocha, Fresh Coconut.*

RETAIL PRODUCT: BODY SCRUB OF THE TREATMENT

## TOUCH OF SILK

✔ 30 MIN

This extra nourishing body wrap uses naturally superior shea butter that restores moisture to dry and damaged skin, leaving your entire body feeling silky smooth.

RETAIL PRODUCT: JASMINE & GARDENIA WHITE PETALS

## GO FOR GOLD

✔ 30 MIN

Go for gold with this extravagantly rich, ultra-luxurious blend of a 24K gold and starflower oil which creates an intensely hydrating, velvet-like mask that wraps your skin in silk heaven. Feel your body baby soft, rejuvenated, and thoroughly nourished!

RETAIL PRODUCT: STARFLOWER SHIMMERING BODY OIL.



# rituals

## CALMING LEG RELIEF MASSAGE

✔ 60 MIN

Including 30' in the spa suite (sauna, steam room)

Refreshing notes of spearmint mingle with the velvet texture of chocolate sugar crystals to slowly stimulate the blood flow and offer a cooling sensation. The body scrub also smooths away dry and flaky skin. Relax into the application of a Cretan raki gel mask which is rich in antioxidants that deeply nourish the skin, begin to enjoy our pampering massage which has the moisturizing properties of smooth coconut oil. Treat oneself with the finishing touch of our calming yoghurt powder, mixed with the gel mask, which offers the ultimate comfort for tired legs.

RETAIL PRODUCT: RED GRAPE BODY GEL MASK

## MESMERIZING & MYSTIFYING HEAD & HAND MASSAGE

✔ 60 MIN Including 30' in the spa suite (sauna, steam room)

A sensational voyage with the lavish aromatic herbal zests of Greece. An invigorating, yet totally relaxing head massage with laurel oil, lush in the aromas of calming Lavender, bright Rosemary, soothing Tea tree wonderfully blended with delicately scented, healing Laurel oil, erases stress and tension.

RETAIL PRODUCT: COCONUT BODY BUTTER



AKASHA  
BEACH HOTEL & SPA  
★★★★★

# massages

## IGNITE YOUR SENSES - AROMATHERAPY MASSAGE

✔ 50 MIN | ✔ 80 MIN

Perfectly designed from beginning to end to gradually calm each and every part of your body and completely quiet the mind, ultimately offering the most lavish, cocooning experience. Ignite your senses with the aromatic combination of precious frankincense & enticing patchouli which creates a feeling of absolute calmness and peace.

## HARMONIZE THE BODY DEEP TISSUE MASSAGE

✔ 50 MIN

This deep tissue massage is tailor-made to target specific areas of muscle tension and soreness. A series of intensive techniques are used to increase blood circulation, release built-up toxins, and restore balance to the body and nervous system, leaving your body feeling relished in peace and harmony.

## ENERGIZING BACK AND NECK MASSAGE

✔ 30 MIN

This massage focuses on the upper back, neck, head and forehead and incorporates acupressure point stimulation and vibrant techniques. The perfectly orchestrated movements of this massage seduce your senses in a unique journey of relaxation that will completely revitalize your body.

## SENSUAL FOOT MASSAGE

✔ 30 MIN

This massage uses specific pressure points to systematically activate the nerve reflexes, thereby stimulating all body organs and tissues to improve overall function and wellbeing. Effective for calming the mind, relieving headaches, and inducing deep and restful sleep.

## MELTING SENSATION - CANDLE MASSAGE

✔ 50 MIN | ✔ 80 MIN

Lay back and unwind whilst the delicately scented warm drops touch your skin and surround your whole body in a velvet textured massage which makes for a wonderfully unique sensation. Allow yourself to relax as the warm oil deeply penetrates the skin's surface, releasing its beneficial properties, and its sensuous fragrance. An outstanding experience of aromatherapy, relaxation & rejuvenation that promotes bliss, balance and well-being!

Choose between our scents collection: *Seductive, Energizing, Detoxing and Relaxing.*

## CELLULITE REDUCTION - MASSAGE

✔ 30 MIN

Reduce the appearance of cellulite with this leg firming massage. Alluring notes of Jasmine & Gardenia combined with sensational aromas of cinnamon captivate your senses, while a mix of carefully selected essential oils tone the body and promote elasticity. As the warm massage oil touches your skin it creates a silky smooth, velvet-like feel. Feel confident in your most attractive curves!

RETAIL PRODUCT: CATWALK LEGS FIRING GEL

## MATERNITY MASSAGE

✔ 40 MIN

This head to toe, prenatal treatment is designed for expectant mothers in their second trimester onwards. Using nourishing organic karite butter, this treatment helps to alleviate muscle tension, specifically in the lower back, whilst assisting to ease any discomfort during and after pregnancy. In addition, this luxurious gardenia body butter leaves the skin soft and supple whilst the relaxing fragrances help calm the mind.



# signature treatments

## aetherspa

### THE WONDERS OF CRETE FACE & BODY TREATMENT WITH HERBAL POUCHES

✔ 130 MIN

Including 30' in the spa suite (sauna, steam room)

Pamper yourself with the natural wonders of the Island of Crete, feel the royal benefits of our rare herbs as we cover your skin with sensual aromatic Cretan products. This treatment includes the application of a rich face and body mask which contains a refreshing cocktail of organic honey bee pollen and royal jelly which contribute dramatically to the renewal, regeneration and tightening of the skin. This perfectly performed massage is made with warm Cretan pouches full of local herbs. Seduce your senses in a unique journey of relaxation that will essentially revitalize your mind, body and soul.

RETAIL PRODUCT: RED GRAPE GEL MASK

### UNDER THE MOONLIGHT FACE & BODY TREATMENT

✔ 130 MIN

Including 30' in the spa suite (sauna, steam room)

A mesmerizing touch for your skin, a unique ritual for your senses, a mystifying journey for your soul! Sparkling white sugar crystals that gently exfoliate the skin, preparing the body for the mask's innovative formula, consisting of 24K Gold leaves and precious gemstones. This treatment aspires to offer the most luxurious and perfectly balanced anti-ageing treatment.

RETAIL PRODUCT: NIGHT REMODELING

### ENDLESS LOVE FACE & BODY TREATMENTS

✔ 105 MIN

Including 30' in the spa suite (sauna, steam room)

Fall in love! Enjoy! Have fun! This treatment pays homage to couples in love who love to have fun at any time of the day and want to enjoy the surprises of their partner. Give your partner a special rejuvenating experience, choosing from a variety of luxurious cool, spicy, earthy aromas, the notes that will captivate your senses.

RETAIL PRODUCT: BODY BUTTER COCONUT

# beauty treatments

## NAILS

Manicure	27€
Pedicure	35€
Spa manicure (peel/massage/mask)	45€
Spa pedicure	55€
Semi permanent - manicure	45€
Semi permanent- pedicure	55€

## HAIR STUDIO

Hair wash	5€	
Hair styling straight	short/medium 22€	long 25€
Hair styling curl	short/medium 25€	long 35€



AKASHA  
BEACH HOTEL & SPA  
★★★★★

